

Alex Lee

ASSEMBLYMEMBER, 25TH DISTRICT

Disasters that occur in California are a reality that can happen at any time, causing many people to lose their homes and even their loved ones. Preparedness is everyone’s job—not just government agencies, but all sectors of society. During the first few hours or days following a disaster, essential services may not be available. Have a plan and know the risks so that injuries and loss of life are minimal.

Use the information in this brochure to **prepare for any disaster.**

For additional information about how my office can assist you, please call **(408) 262-2501.**

Regards,



Alex Lee  
Assemblymember



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ASSEMBLYMEMBER, 25th DISTRICT

DISTRICT OFFICES

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CAPITOL OFFICE

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WEBSITE & CONTACT INFO.

asmdc.org/lee



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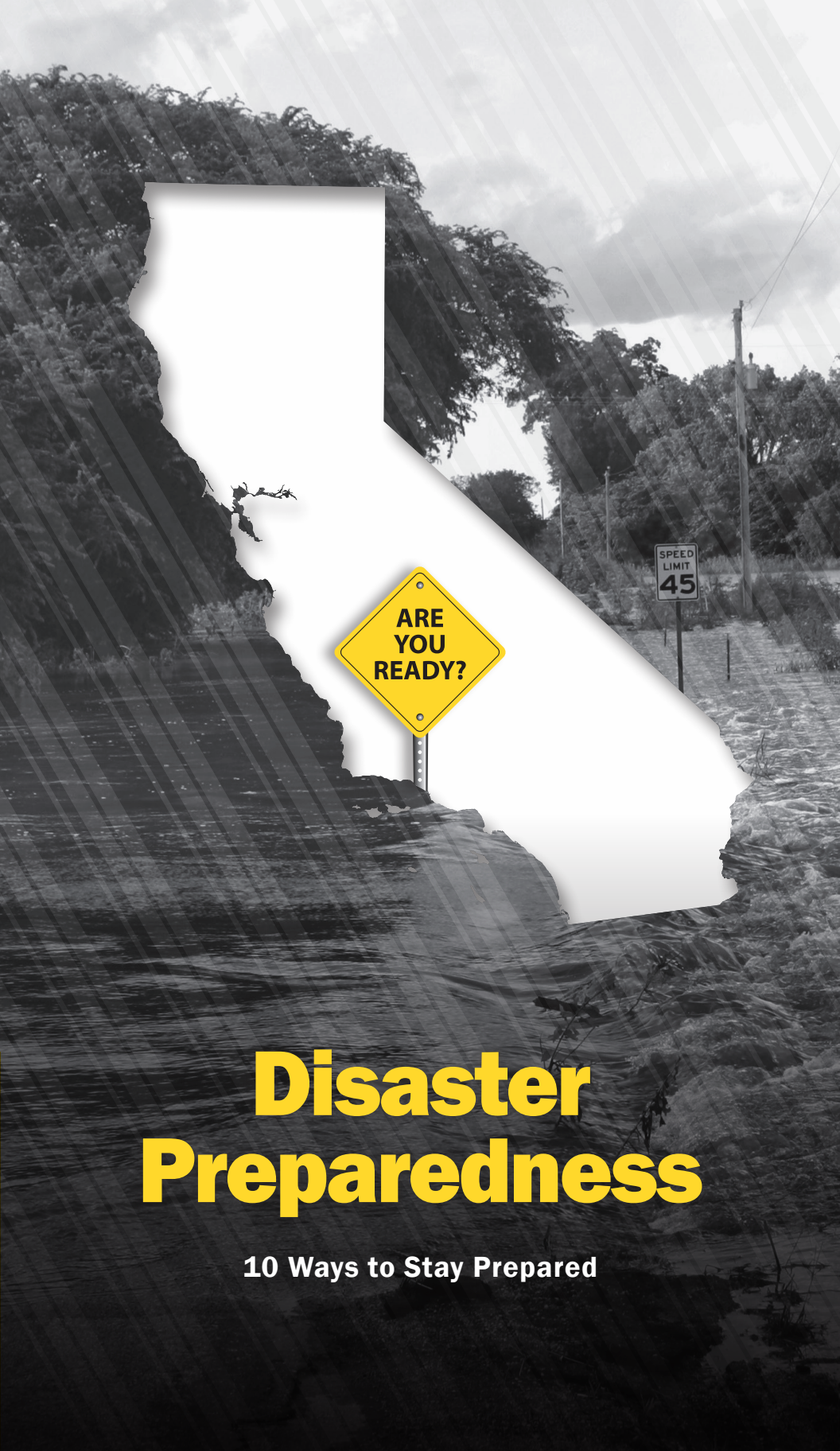
@assembly.alex.lee

Downloadable Contact Forms & Emergency Checklists:

[CalOES.ca.gov](http://CalOES.ca.gov)  
[ready.gov](http://ready.gov)

[redcross.org](http://redcross.org)  
[aspca.org](http://aspca.org)

OPT-IN FOR **REAL-TIME NOTICES**  
Text your “Zip Code” to  
**888777**



Disaster  
Preparedness

10 Ways to Stay Prepared

# 10 WAYS TO STAY PREPARED

Have a plan, know your risks.

1

## Identify your risk.

Find out what natural or human caused disasters pose a risk for you.

2

## Create a family disaster plan.

Your family needs a plan that tells everyone where to meet, who will be an out-of-state family contact, how to get emergency information and how to take care of your family pets. To start preparing today, go to **ready.gov**.

3

## Practice your disaster plan.

Start by having family members meet at a designated spot outside your home.

4

## Build a disaster supply kit and sign-up for notifications.

Include a three-day supply of non-perishable food and water, first aid kit, tools and supplies, clothing and bedding, important documents, medications, and pet supplies. **Sign-up for real-time notices by texting your Zip Code to 888777.**

5

## Prepare your children.

Talk to them about the risks and plans that your family has if disaster strikes.

6

## Don't forget the special needs of individuals in your household.

Make sure that medical supplies for those with special needs are in your kit.

7

## Learn CPR and first aid.

Get trained on basic first aid and CPR; your training could save a life.

8

## Eliminate hazards in your home and the workplace.

Secure contents of your home or office to reduce hazards.

9

## Understand that not all disasters are “natural.”

Disaster preparedness must now account for man-made disasters as well.

10

## Get involved and volunteer.

With proper training and education, civilian volunteers expand the resources available to states and local communities.

### CALFRESH:

If you have been affected by a disaster and are in need of food assistance, you can apply for benefits through the CalFresh Program.

1-877-847-3663 (FOOD)

**benefitscal.org • calfresh.dss.ca.gov**

### CALWORKS:

CalWORKs provides cash aid to eligible and needy California families to help pay for housing, food, and other necessary expenses.

**cdss.ca.gov/CalWorks**

**cdss.ca.gov/County-Offices**

### CALIFORNIA DEPARTMENT OF

### INSURANCE – INSURANCE & REBUILDING INFORMATION:

The California Department of Insurance provides assistance on insurance issues, such as claim handling delays, additional living expenses, under-insurance disputes, etc.

1-800-927-HELP (4357)

TTY 1-800-482-4833

**insurance.ca.gov**

### UNEMPLOYMENT INSURANCE:

Workers who lose their jobs due to no fault of their own, such as in the case of a disaster, may be eligible for Unemployment Insurance (UI) benefits. Eligibility for UI benefits requires that individuals be unemployed or working less than full time, be able to work, be seeking work, and be willing to accept a suitable job.

1-800-300-5616

TTY 1-800-815-9387

The quickest and easiest way is to apply on-line.

**edd.ca.gov**

### EMPLOYMENT DEVELOPMENT

### DEPARTMENT – ASSISTANCE FOR EMPLOYERS:

CA employers who are directly affected by a state of emergency may request up to a 60-day extension to file their state payroll reports and to deposit state payroll taxes with the Employment Development Department (EDD), without penalty or interest.

1-888-745-3886

TTY 1-800-547-9565

**edd.ca.gov**



**Preparedness is everyone's job. Not just government agencies but all sectors of society should plan ahead for disaster. During the first few hours or days following a disaster, essential services may not be available. People must be ready to act on their own.**

Your State Assemblymember

Alex Lee